

Pick a better snack & Act



This week Week Four



Snack

Cream of Nectarine Soup

6 medium sized nectarines
3 C. boiling water
3/4 C. cold water
1/2 T. honey
1 T. fresh lemon juice
1/2 C. plain nonfat yogurt
1/4 t. cinnamon
1/2 t. fresh nutmeg
1/2 t. vanilla extract

Put nectarines into the boiling water and cook for 2-3 minutes. Set in bowl of cold water to loosen skin. Chop in to small pieces. In blender combine peaches (hold back 1/2 chopped peaches) with cup cold water, honey, lemon juice, yogurt spices and vanilla. Puree till smooth and pour into pitcher or bowl. Add reserved chopped peaches. Chill at least 2 hours. Makes 4 servings



Be Active

- Labor Day is next week. Plan a swim party at the local pool before closing days.
- Play catch or Frisbee over a sprinkler.

More Info

The Iowa Nutrition Education Network, partnering with the USDA Team Nutrition, encourages you to balance food choices with physical activity to stay fit. For more information, call the ISU Answerline at 1-800-262-3804 or visit us on the web at www.extension.iastate.edu/food/.